

# GIVING LIVES BACK

FALL 2020



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# A MESSAGE FROM THE CEO



**Joanne Cole**  
Chief Executive Officer  
West Park Foundation

To me, the stories in this issue of our newsletter combine to perfectly illustrate the extraordinary times we live in, the challenges we have faced at West Park this year, and the many reasons to be hopeful and confident in the future of our wonderful hospital.

As you will see from our cover photo and update below, construction of our new hospital continues apace and has progressed without interruption during the pandemic lockdown. In just six short months, the site has been excavated and the building is well above ground!

On page 7, the hard work and dedication of our frontline workers is highlighted, once again, in the article, Thank You to Our Healthcare Heroes. We are all grateful for their ongoing sacrifices, and to the many donors who have shown their gratitude with special gifts and treats. With the outstanding efforts of our physicians, staff and management, under the leadership of President and CEO Anne-Marie Malek, West Park has fared well over the past six months and is proceeding with its phased re-opening plans.

At the Foundation, we are continuing to adapt to our “new normal” and have embraced Zoom as a way to hold events and keep in touch with our donor community. Our first online event, Gourmet at Home with George, was held in June to rave reviews – so much so that we’ve moved our popular UNCORK UNTAP UNWIND event online on October 29. We hope you will join us for this exceptional event!

In this issue, we also profile two generous families who are long-term volunteers and donors at West Park. Three generations of the Fuller family have served on the boards of both the Centre and Foundation, while Louise and Robert Spittal have spent decades helping enhance the patient experience as hospital volunteers.

It is the commitment and dedication of people such as the Fullers and Spittals – and so many other families and individuals – that is the magic of West Park. It is this generosity of spirit that makes a difference in the lives of our patients now, and will help make our new hospital the very best it can be. Thank you.



## THE NEW WEST PARK BEGINS TO TAKE SHAPE

Excitement continues to build on campus as the shape of our new hospital becomes visible within the construction. West Park’s third and final crane was placed in the new hospital’s Outpatient Block in early August – the first and second cranes are located in the In-patient Block of the new building.

West Park aims to make a positive difference in our community as we build for the future. In 2018, West Park became the first Ontario hospital to include a community benefits agreement in its capital project. Together with EllisDon, the hospital recently launched a website to help fulfill this commitment to provide training and employment opportunities for underrepresented or disadvantaged groups. Visit [westparkcommunitybenefits.com](http://westparkcommunitybenefits.com) to learn more.

Tune into our live Construction Cam at [wpconstructioncam.org](http://wpconstructioncam.org).



# HELPING YOUNG PATIENTS TRANSITION TO ADULT CARE

When young people living with complex health conditions turn 18, they face many changes in their lives. This passage into adulthood can feel especially abrupt for those who have spent many years in a pediatric healthcare environment, since moving to an adult care facility means assuming more responsibility for one's own health and well-being.

This is how the need for the Scotiabank Youth Transition Program came about. The program, which is entering its second year, is designed to help young adult patients adjust to their newfound responsibilities, while also helping them realize their full potential through the pursuit of leisure activities.

"It's really about giving these youth the tools to be able to self-direct their care," says Kim Cook, West Park's Vice President of Programs and Chief Nursing Executive. "But we are also trying to create an environment that minimizes self-isolation and enables youth to really connect with their peers internally and externally to the Centre."

The program was generously funded by Scotiabank through a \$500,000 gift, and furthers their commitment to supporting initiatives with a dedicated youth focus.

"When we talk about how we are supporting youth, it's really about helping them reach their fullest potential," says Karen Soos, Director of Philanthropy at Scotiabank. "Because when we are investing in our young people, it's an investment in the long-term security, stability and growth of our communities."

The Youth Transition Program takes a holistic approach to patient care that includes helping these younger patients explore who they are as individuals through their personal interests.

"So many teams have worked together on this program, including advisors from Holland Bloorview Kids Rehabilitation Hospital, and West Park's Patient and Family Advisory Committee. Together, we brainstormed the different ways we can meet the needs of patients, while also being sensitive to their different capabilities and interests," says Sarah Benn



Long-term ventilation patient Marc Barclay

Orava, West Park's Patient Experience Coordinator. "It has been really meaningful to see patients come together within this program and create a sense of community."

The hospital's interprofessional team, which includes occupational therapists and recreational therapists, have also worked together with Benn Orava and other West Park staff to help facilitate the program's activities, including adaptive photography and gaming. In particular, Tim Park, an occupational therapist, has been instrumental in adapting the gaming tools so that every patient, no matter their abilities, can participate and play.

"Being able to regularly play video games at West Park has helped me get back to some normalcy of life after my long-term ICU stay," says Marc Barclay, a long-term ventilation patient and a participant in the program.

When West Park's new hospital is completed in 2023, it will further advance the program through the creation of a dedicated space, also funded through Scotiabank's support, where patients can continue to get together to explore their interests and form friendships with their peers.

"We hope this program ensures that these transitions happen smoothly and without incident," says Soos. "And that it gives these young people more of an opportunity to think about all the other amazing things that come with becoming an adult."

# INTRODUCING WEST PARK'S NEW CHIEF OF STAFF

For Dr. Bikramjit Dhillon, taking on the role of West Park's Chief of Staff during the COVID-19 pandemic was a unique challenge, but also a great learning experience.

"I've had to learn a lot of new things, and build relationships with key members of the administrative team very quickly," he says. "But our primary goal continues to be keeping our patients and staff safe."

Dr. Dhillon has been an attending family physician at the hospital since 2014, and was the former deputy chief of staff. He was appointed to his new role in April following a national search process that began in late 2019.

West Park is in the midst of building for the future, and as chief of staff, Dr. Dhillon is working hard to prepare for the opening of the new hospital. The new world-class facility will bring many changes, including allowing for the better optimization of technology to provide more efficient and enhanced care to patients; while 80 per cent of patient rooms will be private, and the remainder semi-private.

"This will increase patient safety," Dr. Dhillon emphasizes. "I think this is one of the most important things we can do to help mitigate the spread of potential infection within the hospital."

Dr. Dhillon often hears West Park described as a "hidden gem," and he believes the hospital stands apart from other healthcare facilities.

"Our physicians, allied health and nursing staff do a great job in supporting our patients. We get the opportunity to build relationships and watch patients transform under our care," he says. "For example, on the Amputee unit, we see people who are often at one of their lowest points in life after losing a limb. We are able to support them during their post-operative recovery; and over a period of weeks, we are able to see a patient who has lost a leg walk out of the hospital with a prosthetic."



Dr. Bikramjit Dhillon

When Dr. Dhillon is not at work, he is busy keeping up with his nearly two-year-old son, and finds joy watching him learn new things. He also enjoys supporting the Foundation's fundraising events, including playing on Team West Park at the Tournament of Stars.

"Tournament of Stars is a very unique way of fundraising within the hospital community. Being able to play with former NBA players, especially former Raptors, is a lot of fun," he says. "I get my entire family to come out and support the event. It is definitely something I circle on my calendar every year."

# THREE GENERATIONS OF GIVING BACK



## Hazel & Kingsley Fox SOCIETY

Heather Fuller remembers growing up in a charitable household. Her father, Kingsley Fox, was in the Royal Canadian Navy during the Second World War and went on to work in finance, becoming president of a life insurance company. This work led him to become a member of West Park's Board of Governors in 1974 until 1987, when he passed away. Together with his wife Hazel, the couple supported many of the hospital's endeavors and events with their family.

"My father often said, 'We are fortunate in life and we should always give back to the community whenever and however we can,'" Heather says. "I think that is why I have always been a volunteer in my personal and professional life."

Heather spent 10 years as a West Park board member, from 1991 to 2001, and served as Chair of the board from 1999. Her husband David Fuller, a lawyer, had preceded her as a board member, serving from 1982 to 1991, and later joined the Foundation board from 2007 to 2013. And now, their daughter Kathryn, who is also a lawyer, is the third generation of her family to be a director on the Foundation board.

"We have all really had a passion for the hospital and all the things that you do so well," Heather says.

When her parents passed away, both their wills left money to West Park, which went towards a courtyard in their name. And in memory of their commitment to West Park, the Foundation created the Hazel & Kingsley Fox Society to honour and celebrate individuals who have generously contributed \$1,000 or more in an annual period. These members receive invitations to donor recognition events, exclusive insider access to West Park news and updates, and a pin that recognizes their giving. Their names are also listed on the hospital's Donor Wall, on the Foundation's website and in the annual Impact Report.

Heather hopes to see the membership of the Society continue to grow, and considers these donations to be an investment in our future.

"I hope that people will realize that West Park is a place that we will all need one day," she says. "It's there for us, and we need it to be strong and continue to be excellent in its specialized services."

**To learn more about the Hazel and Kingsley Fox Society, visit [westparkfoundation.ca/spotlight/hazel-kingsley-fox-society/](https://westparkfoundation.ca/spotlight/hazel-kingsley-fox-society/)**



# A LEGACY OF GIVING AFTER A LIFETIME OF SERVICE

In 1975, Louise and Robert Spittal came to Canada on vacation and decided they wanted to return as residents. The couple emigrated from Edinburgh, Scotland and moved to Toronto's Weston neighbourhood in 1977, living on Edmund Avenue for seven years before discovering a hidden gem a short walk away.

"A neighbour asked if I wanted to volunteer with her at the hospital, and I said, 'Hospital? What hospital?'" Louise recalls. "Robert and I had been on walks passing what was then the nurses' residence on Buttonwood Avenue. But we didn't realize there was a hospital, and the great work happening there."

Louise and Robert have since moved to Burlington, Ont., but they have continued to volunteer at West Park. Louise spent nearly 30 years at the Gift Shop and now supports other departments; while Robert helps facilitate Recreation Therapy programs. In that time, the couple have had the opportunity to get to know many patients, and have even witnessed many "amazing" recoveries.

"I've seen people coming to the hospital in very poor conditions and leaving quite healthy," says Robert. "You see people arrive wheelchair bound or bed ridden, and then after their rehabilitation, they go home and return to the hospital looking relatively healthy and living their life again."

A few years ago, Robert and Louise decided to leave a gift in their will for West Park. This commitment makes



*Robert and Louise Spittal at unveiling of Donor Wall in 2018*

them members of The William Gage Legacy Circle, a special giving society that honours the generosity of those who choose to leave a charitable bequest to West Park in their will. Louise and Robert believe that planned giving is something that everyone should think about.

"It's just the two of us; we don't have any children. What we leave behind is going to the charities we support, which includes West Park," says Louise. "You have to remember your community and the places that need your help throughout your lifetime and after."

Robert agrees with his wife: "You stash away the whole time you're working, hoping to have a good retirement," he says. "So you want to give back to a cause that deserves it, something that does good work."

**For more information on Planned Giving visit [westparkfoundation.ca/ways-to-give/make-a-planned-gift/](https://westparkfoundation.ca/ways-to-give/make-a-planned-gift/)**

## Smart Will & Estate Planning

### What's changed and what remains the same in a COVID-19 world

Thursday, November 5, 2020  
4:00 pm – 5:00 pm

Hosted on Zoom by  
West Park Foundation



Join Matthew Urback, Partner with Shibley Righton LLP, for an interactive virtual presentation on smart estate and tax planning.

Contact us for details at [foundation@westpark.org](mailto:foundation@westpark.org) or 416-243-3625, or visit [westparkfoundation.ca](https://westparkfoundation.ca).



# THANK YOU TO OUR HEALTHCARE HEROES



Earlier this spring, as the province shut down due to the COVID-19 pandemic, the uncertainties surrounding the virus created a stressful experience for many essential workers, which includes West Park's frontline healthcare workers.

There were many rapid changes happening in a short period of time, with the ultimate goal of creating the safest environment for both patients and staff. West Park's healthcare heroes stepped up during this difficult time, going above and beyond for their patients and colleagues. And this admirable commitment was recognized through staff appreciation initiatives.

Liz Udler, a physiotherapist in Rehab Plus, was redeployed to work in the hospital's Executive Offices as the COVID-19 Coordinator at the beginning of the pandemic. In this new role, she took on the responsibility of organizing staff appreciation initiatives, including a daily raffle contest, profession-specific celebrations such as Physiotherapy Month, and coordinating the delivery of

gifts from local businesses looking to show their gratitude to our healthcare workers.

"Staff have been really happy about the gifts," Udler says. "They feel good knowing that the hospital is thinking about their well-being, and that there are businesses in the community that are also supportive of their work. There is just a general feeling of gratefulness."

These gifts have included food items, such as Little Caesars pizza, cupcakes, and a visit from a Tim Horton's truck; and wellness items like Bio Oil samples, facial toners and acuBalls, a self-massage product, which have all helped to promote self-care among staff. The gifts have also helped boost morale during this challenging time by creating excitement and joyous breaks from routine.

"It's one thing to say 'thank you for your hard work,' but it's so much more impactful to show your gratitude with action," says Udler.

## THANK YOU TO OUR 2020 GOLF CLASSIC SPONSORS

With the continued limits on gatherings and large events due to the COVID-19 pandemic, and with the health and safety of our participants and guests as our highest priority, the Foundation made the difficult decision to cancel the 2020 West Park Foundation Golf Classic. Thank you to our generous sponsors, who have graciously continued their support of West Park and the patients we serve.

We look forward to the 2021 event, when we can all get together and enjoy a day of golf in safety and confidence. Stay tuned for more details.

**PRESENTING SPONSOR**



**PLATINUM SPONSORS**



**SILVER SPONSORS**



# UNCORK UNTAP UNWIND ONLINE 2020



On Thursday, October 29, join celebrated Canadian chef and Food Network Canada personality, Lynn Crawford as she hosts UNCORK UNTAP UNWIND Online, a virtual at-home culinary experience.

Chef Lynn will guide attendees through the preparation and plating of a seasonally inspired three-course meal. As the co-owner of Ruby Watchco, a popular restaurant in Toronto's Riverdale neighbourhood known for its delectable market-inspired comfort food, Chef Lynn has been a long-time supporter of farm-to-table dining. For UNCORK, she has created a delicious menu full of locally sourced ingredients.

On the day before the event, participants will receive a box filled with the finest ingredients to cook a dinner for two – including some components that will arrive prepared to allow for a seamless cooking and dining experience – as well as a bottle of wine to complement the meal. The box will also contain a menu card, recipes

and instructions on how to link to the event on Zoom.

The evening will feature a special mixology lesson by Chef Lynn, who will make a Ruby Watchco-inspired apéritif cocktail. She will also be joined by an experienced Sommelier who will discuss the evening's wine pairings. Attendees will be able to bid on an exquisite wine auction, and enjoy a live musical performance to accompany their meal.

A ticket for two to this UNmissable event is \$350. Participants will receive a tax receipt for a portion of the ticket after the event. Proceeds will support West Park's critical mission. Visit [westparkuncork.ca](http://westparkuncork.ca) to get your tickets today!

## GOURMET AT HOME WITH GEORGE WAS A GREAT SUCCESS

In the spring, we hosted our first virtual event: Gourmet at Home with GEORGE, a delectable cooking adventure, expertly led by Chef Lorenzo Loseto, the award-winning Executive Chef at GEORGE Restaurant. Participants received farm-fresh ingredients from 100km Foods to cook a three-course meal alongside Chef Loseto. The evening was a great success with participants calling the experience "magnificent" and "amazing," and a "10 out of 10" meal.



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